

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the  
Mid-Atlantic Region  
Navy Community

Safety Office

Naval Amphibious Base  
Little Creek



## SAFETY ADVISOR October 2006



The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.



### Fire Prevention Week

*"Prevent Cooking Fires, Watch What You Heat" is the theme for this year's Fire Prevention Week, October 8<sup>th</sup> - 14<sup>th</sup>. Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on October 8<sup>th</sup>, but continued into and did most of its damage on October 9<sup>th</sup>, 1871. During Fire Prevention Week emphasis is placed on raising the public's awareness of fire prevention and safety with a special focus this year on the importance of preventing cooking fires in the home.*

According to the National Fire Protection Association (NFPA), home cooking fires kill hundreds of Americans and injure roughly 4,000 more each year. Aside from death and injury, other personal losses are suffered with half a billion dollars in homes and their contents destroyed annually. Cooking equipment, most often a range or stove top is the leading cause of reported home fires and home fire injuries in the United States. Often when the fire department responds to a cooking related fire, the residents state "I only left the kitchen for a few minutes".

Please share these tips with the "Chef's" at home:

- + Always use cooking equipment tested and approved by a recognized testing facility
- + Never leave cooking food on the stovetop unattended
- + Keep cooking areas clean and clear of combustibles
- + Keep children away from cooking areas by enforcing a "kid-free zone" of three feet around the stove. Keep pets from underfoot so you do not trip while cooking
- + Wear short, close fitting or tightly rolled sleeves when cooking
- + Never use a wet oven mitt, it presents a scald danger as the moisture in the mitt is heated.
- + If a small fire starts in a pan on the stove, put on an oven mitt and smother the flames by carefully sliding the lid over the pan. Never pour water on a grease fire and never discharge a fire extinguisher onto a pan fire, it can spray or shoot burning grease around the kitchen, actually spreading the fire.

Fire Inspector's from the Navy Region Mid-Atlantic Fire & Emergency Services Fire Prevention Office, Little Creek will have a display table & will be available from approximately 0900 to 1430 at the Little Creek NEX during Fire Prevention Week. Stop by to see them with your Fire Safety questions.

For more information on setting up your Command's fire drill or fire safety training please contact Fire Inspector Jeff Gribble at 462-7924 or Fire Inspector Terry Cutrer at 462-7922. They are located in NABLC Bldg 1602, STE 112-A.



## Enterprise Safety Application Management System

surveillance, job hazard analysis, self assessment, inspections, etc.

**Who Should Use It?** Per ALSAFE msg 58/5, "CNI has mandated that all Regions will implement ESAMS as the single standard safety management system for Safety and Occupational Health (SOH) data requirements. Successful implementation of ESAMS will require support from Regional/Installation Commanders." Also, CNIC Fire and Emergency Services (F&ES) have selected ESAMS to manage their F&ES program. In addition, non-CNIC Commands, at a minimum, need to identify a point of contact and alternate so ESAMS accounts can be established. This is required because it has been directed that safety inspection deficiency notices be included in ESAMS and electronically sent to Commands for correction, and subsequently followed up electronically through ESAMS.

**Why Use It?** ESAMS provides a secure NMCI compliant web-based means to manage all facets of the Navy's safety and health programs. ESAMS will enable CNI to fully comply with all current OSHA and OSH standards, and provides real time data for headquarters and command level personnel allowing them to make informed decisions based on current data and metrics. ESAMS also provides the supervisor and his/her chain of command a "Report Card" of Command training, deficiency correction, medical surveillance, etc.

**How Do I Make It Work For Me?** HGW and Associates (ESAMS developer) will be coming to our area to conduct ESAMS training for Supervisors. Each session is four hours long. Classes will be conducted twice daily at 0800-1100 and 1230-1530. Please schedule a training session for each of your supervisors on Monday through Thursday at Norfolk and Dam Neck and leave Friday open as an optional training day. Recommend you disseminate this information to applicable personnel. Available training dates, locations and points of contact for scheduling are listed below:

- ❑ **23 OCT - 3 NOV** at Bldg W-143 in **Naval Station Norfolk**,
- ❑ **23 OCT - 3 NOV** at Bldg 127 (Gallery Hall), Room 123, in **Dam Neck**
- ❑ **25 OCT and 31 OCT** at **NSA Northwest**, Cyber Alley

To schedule attendance or if you have any questions, please contact:

- ❑ LoJean Way- 462-2197
- ❑ Kymm Beaver- 462-2199



## The 6<sup>th</sup> Annual "RUMBLE through the TUNNELS"

Official Event of Fleet Week  
Saturday, October 14<sup>th</sup>, 2006

Bayside Harley-Davidson would like to thank all our Volunteers from the Bayside HOG Chapter and the U.S. Navy in advance. Without their assistance, this event could not be held.

Activities will begin on Friday, October 13<sup>th</sup> at Bayside Harley-Davidson with a Welcome & pre-registration party from 1600-2000. Merchandise & food vendors will be on site from 1200-2000. The Blue Lords will provide the entertainment. Events and vendors will continue through Sunday afternoon. For additional info including events and times please visit [www.fleetrider.com](http://www.fleetrider.com)

On Saturday morning, line-up and staging at Harbor Park will begin at 0800. Coffee and donuts will be available! The ride will depart at 1100 following a flyover provided by the U.S. Coast Guard. Once riders return to Bayside there will be a special presentation to the Hampton Roads Navy & Marine Corps Relief Society for the donations collected.

## S.A.F.E.

Street Smart is considered by many to be the premiere driving awareness program. It provides an "in-your-face," dramatic and often-times gruesome inside look at victims and their experiences with being intoxicated, not wearing a seatbelt and crashing their vehicles. The program is

usually presented in a classroom setting, with a team of two paramedics walking participants through what happens at a trauma scene using the medical equipment they employ daily in their jobs. From taking a pulse to loading the victim onto a backboard and simulating an IV-line being inserted, students can see and feel what it's like to try to save a life. And what it's like to be the victim. (The Florida S.A.F.E (Stay Alive from Education) website is <http://www.safeprogram.com>)

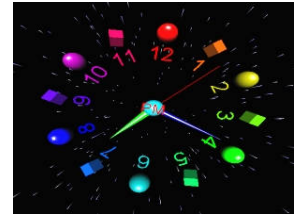


S.A.F.E. will be presented at the following locations and times:

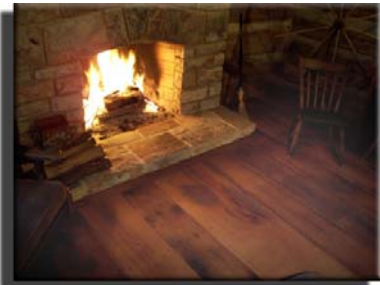
- 07 November 2006 – Naval Station Norfolk, Bldg C-9 Theater at 0900-1030 & 1230-1400
- 08 November 2006 – NAS Oceana, Bldg 531 Theater at 0730-0900 & 0930-1100
- **08 November 2006 – NAB Little Creek, Bldg 3504 Theater at 1330-1500**

## ...Fall Back

Daylight Saving Time will end on Sunday the 29<sup>th</sup> of October 2006 at 0200. Remember to **set your clocks back** one hour before you head to bed Saturday night. The Fire Department and the NFPA also recommend that you check and replace the batteries in your smoke detectors and carbon monoxide detectors when you change your clocks.



## Heating System Start-Ups



As the days grow shorter and the evenings turn cooler we begin to think of a warming up by the fireplace and turning on the furnace. Take time to check your fireplace and furnace to make sure they are working correctly. Use these recommendations to avoid home heating mishaps and carbon monoxide poisoning. *(Carbon monoxide is a colorless, odorless toxic gas and can easily enter the home through faulty furnaces or gas-fired room heaters or be trapped inside by blocked chimney flues. Symptoms of carbon monoxide poisoning are similar to those of flu-like illnesses and include dizziness, fatigue, headaches, nausea and irregular breathing.)*

Identify hazards such as improper installation, lack of maintenance, improper ventilation & combustible materials to close to heating equipment. Assessing the risks & making risk decisions to eliminate this silent killer include the following:

- ✓ Have a licensed contractor check for creosote buildup in your chimney, crumbling bricks, loose mortar and obstructions. If you aren't experienced don't rely on your own judgment. Have the furnace electrical and mechanical components, thermostat controls and automatic safety devices checked before each heating season.
- ✓ Ensure fireplace dampers are open before a fire is lit.
- ✓ To ensure adequate air circulation, leave a nearby window open about one inch. Wood burns incompletely, its smoke contains many harmful pollutants, including carbon monoxide.
- ✓ Burn well-seasoned hardwoods, such as maple, elm oak, & birch. They are the safest & give the most efficient heat with the least amount of smoke & creosote buildup. Use softwoods for kindling only. Decorative logs are pretty; however when poked, they can explode or flare up.
- ✓ Don't burn salt-treated wood. It generates toxic gases.
- ✓ Don't burn trash; it can create a flash fire with an updraft that can cause a chimney fire.
- ✓ Don't burn charcoal indoors, it produces toxic fumes.
- ✓ Ensure the fire is out prior to retiring for the night. Be careful when putting the fire out or removing burnt materials. Allow ashes to cool before disposing of them in a tightly covered metal container. Don't mix ashes with trash or other combustibles.







## "Ergo Corner"

Watch out for these symptoms which could indicate that you need to adjust your working posture or workstation:

- ❖ Your hands tingle or feel numb
- ❖ It hurts to grip something
- ❖ You have swelling on your hands or wrists that doesn't quickly go away
- ❖ Your thumb hurts
- ❖ Your back hurts, or you feel pain in your legs
- ❖ To improve your posture, flexibility and strength
  - Start a daily exercise program
  - Learn how to lift correctly

- ✓ Adjust your chair so that your feet rest flat on the floor. Chairs should provide good support for the lower back.
- ✓ Your keyboard and mouse should be located an inch or two from your thighs. Your elbows and wrists should be in a straight line as you work at your keyboard.
- ✓ Your monitor should be no more than an arm's length away. The top of the monitor should be level with your eyes, and you shouldn't have to twist your neck to look at the monitor.
- ✓ You should have room to stretch your legs.
- ✓ For all workplace tasks, use the right tools for the job and keep them in good working order.
- ✓ Your body will tell you when you are absorbing too much strain or pressure. If you end up stiff or sore after doing a certain type of work it could be a sign that something in the workplace needs adjustment or redesign.
  - If you have questions about ergonomics please call Rick Russell, Little Creek Safety, at 462-2194.

## Jogging on Base

Riding around the base lately, particularly on my way into work in the morning around 0545 – 0615 the Safety Office has noticed that while the hours of daylight have diminished we still have a lot of personnel out for PRT early in the morning. Unfortunately most of them are barely visible in their dark shorts and shirts. Occasionally I observe an individual wearing an article of reflective clothing, Bravo Zulu to those of you who are making yourselves visible to motorists. To those of you that are still blending in with the road and the lack of light we provide this reminder...**REMEMBER**, Joggers, Fitness Walkers and bicyclist are **REQUIRED** to wear high visibility belts or reflective vests on all Navy Region Mid-Atlantic installations during times of darkness or reduced visibility.



## Ghosties, Goblins, Long-Legged Beasts & Things That Go Bump in the Night...

Happy Halloween...BOO...Did I scare you??? Here are this year's tricks...I mean tips to keep your little Witches, Goblins, Princesses, & SpongeBob's (and all adults masquerading as Trick r' Treaters) safe as we indulge in "all Hallows Eve..."



- ☒ Use flashlights so children can see & be seen. Visibility becomes poor at dusk.
- ☒ Buy flame resistant costumes. Children can easily bump into or trail the ends of a loose costume against a lit jack-o-lantern and catch fire.
- ☒ Apply face make-up rather than buying a mask which might restrict breathing or obscure vision
- ☒ If costumes come with swords, knives or other materials, make sure they are made of soft, flexible material.
- ☒ Have children wear shoes that fit - walking up/down steps and over curbs is tricky enough in the dark.
- ☒ Put retro-reflective tape on the front and back of every costume.
- ☒ Go with (and stay with) your children when they trick or treat; they need an adult to remind them to be careful.
- ☒ Remind children to walk on sidewalks rather than in the streets.
- ☒ Check all treats before any are eaten. Discard baked goodies unless you know the cook.
- ☒ Drive slowly in residential areas. Watch out for children darting out from behind & between parked cars. Watch carefully when backing out of driveways.
- ☒ At twilight, & later in the evening, watch for children in dark clothing walking down the road, on the shoulder of the road or on the median.
- ☒ If you're driving children to homes of special friends or relatives make sure they fasten their safety belts. Be sure they get out of the car on the curbside away from traffic.
- ☒ To the adults...If you are attending Halloween parties & have a little too much cider, please use a designated driver!!!



### *Random Thoughts...*

*A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station...*

### *"The Deficiency Corner"*

*Could this be your worksite??? If you have this problem... let's do something about it!!*



**Problem:** Housekeeping (trash/paint/rags/gloves/tiles)

**Violation:** 29CFR1910.176(c)

**Solution:** Proper storage of paint in HAZMAT locker; cleaning materials (gloves/rags) away from heat source.



**Problem:** Electrical panel missing cover and wires exposed.

**Violation:** 29CFR1910.3030(b)(1)

**Solution:** Replace cover and remove electrical hazards

### *Safety Funnies*

#### *Nominations for this year's Darwin Awards*

*Detroit IL - 41 year old male who got stuck and drowned in two feet of water after squeezing head first through an 18 inch wide sewer grate to retrieve his car keys.*

*San Francisco, CA - A 49 year old stockbroker accidentally jogged off of a 100 foot high cliff on his daily run. (Lesson here...run in familiar & well lit areas...)*

*Lompoc, CA - 24 year old male was killed when he fell (face first) through the ceiling of a bicycle shop he was burglarizing. His death was caused when the long flashlight he had placed in his mouth (to keep his hands free) rammed into the base of his skull as he hit the floor. (Lesson here...wear the proper PPE...if only he had attached that flash light to his hard hat...he'd be alive & well...in jail...)*

*Selbyville, DE - 26 year old male was killed as he won a bet with friends who said he would not put a revolver loaded with four bullets into his mouth and pulled the trigger (Lesson here...I think ORM would have shown that this was a sucker bet)*

### It happens in October...

9<sup>th</sup> – Columbus Day (Federal Holiday)  
13<sup>th</sup> – Happy Birthday to the US Navy  
14<sup>th</sup> – Rumble through the Tunnels – MC Ride  
23<sup>rd</sup> of Oct – 5<sup>th</sup> of Nov – ESAMS Supervisor Training  
29<sup>th</sup> – Daylight Saving Time ends  
31<sup>st</sup> - Halloween

### Future Events

11/08/06 – 1330-1530 - S.A.F.E. – Bldg 3504, Base Theater (All personnel are encouraged to attend)  
11/16/06 – 0930-1030 – Quarterly Traffic Safety Council Meeting – Bldg 3535, Base Chapel ([Command Safety Representatives are encourage to attend.](#))  
11/20/06 – 1300 – DUI Prevention Meeting – Marine Reserve Center Auditorium

### ...in the next issue of the Safety Advisor

*Thanksgiving....Don't wait until it's too late...now is the time to start thinking about Holiday Safety Stand-downs...call us to schedule your training now*

*Let's talk Turkey....tips for frying and storing turkey*

### Traffic Safety Statistics

#### Traffic Death Update

On September 27, a sergeant from HQHQRON, MCAS Cherry Point suffered fatal injuries in a car wreck near the air station. He was a passenger when the driver lost control and crashed into a culvert. The car went airborne for more than 100 feet, rolled over and hit a tree. He wasn't wearing a seatbelt and was ejected from the back seat. Also, a PFC from NAVCONBRIG Charleston collided with a tractor-trailer on an interstate highway in South Carolina just after midnight. The tractor trailer rolled over the Marine's car, killing him instantly.

[PMV Stats](#) | [PMV Narratives](#)

***Navy and Marine Corps PMV Deaths – FY06 to date = 137 (as of 09/29/06)***

### Traffic Safety Training Schedule

#### Motorcycle Safety

**Basic Rider Course (BRC):** Two day course required for all Active Duty Military who ride a MC on or off base; and civil service personnel, retirees, dependents, and contractors who want to ride a MC on base.

**Experienced Rider Course (ERC):** One day course to brush up old skills. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course. (Copy of card may be faxed to our office at 757-462-2566.) *If you are interested in taking the Experienced Rider Course between now and May 07, please call 462-2199 or 462-2197 to schedule. Our 2007 schedule will have ERC classes scheduled beginning in May.*

#### Driver Awareness Safety Training (DAST)

This is a one day (4 hour) class in traffic safety to establish & reinforce safe driving habits. This course meets the "Military Personnel under 26 years of age" traffic safety training requirement. Class dates will be determined based on interest in the class and personnel requesting registration. Commands interested in scheduling personnel for this training should contact our office at 462-2199 or 462-2197.

## *Motorcycle Safety - Basic Rider Course (BRC):*

- ❖ 02-03 Oct 06 – BRC - 0700-1600
- ❖ 16-17 Oct 06 – BRC - 0700-1600
- ❖ 13-14 Nov 06 – BRC - 0700-1600
- ❖ 11-12 Dec 06 - BRC - 0700-1600

*Our 2007 MC Safety Schedule is listed below. We will begin offering the Basic Rider Course during the evening hours during the summer and several Friday/Saturday classes starting next spring.*



- ❖ For online registration & procedures, visit our website at: <http://www.nabc.navy.mil/safety/motorcycletrainingcourse.htm>
- ❖ Participants must provide their own motorcycles for the course and have appropriate license endorsements, registrations, insurance and inspection.
- ❖ Classes are generally conducted at 0700 at Bldg 3535 Base Chapel. Participants are to meet in the parking lot at the corner of 5th St. and D St (Lot is located between the Base Chapel and the NEX Furniture Store) See website for map!
- ❖ Personnel registering for the ERC must provide a copy of their BRC course completion card prior when they register.
- ❖ Questions can be directed to Kymm Beaver 462-2199 or LoJean Way 462-2197

## *2007 MC Safety Schedule*

**BRC – Basic Rider Course  
ERC – Experienced Rider Course**

<u>Dates</u>	<u>Course</u>	<u>Days</u>	<u>Times</u>
➤ 22-23 January 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 February 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 March 2007	BRC	Mon/Tue	0700-1600
➤ 23-24 March 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 09-10 April 2007	BRC	Mon/Tue	0700-1600
➤ 20-21 April 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 07-08 May 2007	BRC	Mon/Tue	0700-1600
➤ 07 May 2007	ERC	Mon	0730-1200
➤ 18-19 May 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 21-22 May 2007	BRC	Mon/Tue	0700-1600
➤ 04-05 June 2007	BRC	Mon/Tue	0700-1600
➤ 04 June 2007	ERC	Mon	0730-1200
➤ 15-16 June 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 18-19 June 2007	BRC	Mon/Tue	0700-1600
➤ 09-10 July 2007	BRC	Mon/Tue	0700-1600
➤ 09 July 2007	ERC	Mon	0730-1200
➤ 10-11-12 July 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 20-21 July 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 23-24 July 2007	BRC	Mon/Tue	0700-1600
➤ 06-07 August 2007	BRC	Mon/Tue	0700-1600
➤ 06 August 2007	ERC	Mon	0730-1200
➤ 17-18 August 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 20-21 August 2007	BRC	Mon/Tue	0700-1600
➤ 21-22-23 August 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 04-05 September 2007	BRC	Mon/Tue	0700-1600
➤ 04 September 2007	ERC	Mon	0730-1200
➤ 14-15 September 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 17-18 September 2007	BRC	Mon/Tue	0700-1200
➤ 01-02 October 2007	BRC	Mon/Tue	0700-1600
➤ 01 October 2007	ERC	Mon	0730-1200
➤ 12-13 October 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 15-16 October 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 November 2007	BRC	Mon/Tue	0700-1600
➤ 03-04 December 2007	BRC	Mon/Tue	0700-1600



## AAA Driver Improvement Program (DIP):

### 2006

- ❖ 11 October
- ❖ 25 October
- ❖ 08 November
- ❖ 29 November
- ❖ 13 December

### 2007

- ✓ 24 January
- ✓ 21 February
- ✓ 28 March
- ✓ 25 April
- ✓ 30 May
- ✓ 27 June
- ✓ 25 July
- ✓ 29 August
- ✓ 26 September
- ✓ 31 October
- ✓ 28 November
- ✓ 12 December

- ▶ For registration please visit our web site at:  
<http://www.nablc.navy.mil/safety/dip.htm>
- ▶ Class size is limited to 30 personnel
- ▶ Classes are normally conducted at 0730 on the last Wednesday of the month at Bldg 1602, Rm 112 E (Location changes will be announced next to the class dates) Command/Group classes can be scheduled. Please call to arrange group classes.
- ▶ Questions can be directed to Kymm Beaver 462-2199 or LoJean Way 462-2197

- Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property) All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property).
- All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges.

*To schedule training for your command, contact the Safety Office at 462-2193 or go to  
[www.nablc.navy.mil/safety/contactus.htm](http://www.nablc.navy.mil/safety/contactus.htm)*

*Thanks to everyone who contributed to this month's Safety Advisor*

**NAB LITTLE CREEK SAFETY OFFICE**  
2660 Tarawa Ct. Bldg. 1602 Suite 112-D  
Norfolk, VA 23521-2415  
**(757) 462-2193 - fax (757) 462-2566 - DSN 253**  
**[www.nablc.navy.mil/safety](http://www.nablc.navy.mil/safety)**



# OCTOBER

## HEARING READINESS

Occupational hearing loss has human, economic, and readiness impacts. Loss of ability to communicate due to hearing loss is often accompanied by social isolation. In the workplace, hearing loss can mean inability to respond to warning signals. A noisy work environment can result in missed verbal commands. Both circumstances may result in mishaps with dire consequences to personnel and equipment. Sailors and Marines achieve hearing readiness through effective training and by wearing state-of-the-art hearing protective devices. The Navy and Marine Corps are taking a total system approach to noise reduction. They are using a variety of technical and operational solutions for continuing research into, and the design, acquisition, and maintenance of quieter systems and equipment.

### RESOURCES

DOL/OSHA – “Noise Control - A guide for workers and employers”  
[www.nonoise.org/hearing/noisecon/noisecon.htm](http://www.nonoise.org/hearing/noisecon/noisecon.htm)

MC Order 6260.1 Series, Marine Corps Hearing Conservation Program  
[www.usmc.mil/directiv.nsf/web+orders](http://www.usmc.mil/directiv.nsf/web+orders)

OPNAVINST 5100.23 Series, NAVOSH Program Manual  
<http://neds.daps.dla.mil/Directives/table21.html>

OPNAVINST 5100.19 Series, NAVOSH Program Manual for Forces Afloat  
<http://neds.daps.dla.mil/Directives/table20.html>

Acquisition Safety, Noise, Naval Safety Center Website  
[www.safetycenter.navy.mil/acquisition/noise/default-new.htm](http://www.safetycenter.navy.mil/acquisition/noise/default-new.htm)

### SUCCESS STORIES

Hearing Conservation Training Linked to Audiometric Testing  
[www.safetycenter.navy.mil/success/stories/0040.pdf](http://www.safetycenter.navy.mil/success/stories/0040.pdf)

Noise Abatement Design  
[www.safetycenter.navy.mil/success/stories/0032.pdf](http://www.safetycenter.navy.mil/success/stories/0032.pdf)



USMC photo

Combat Arms Ear Plug—two-sided hearing protection. Drab green side for steady-state protection; yellow side for normal conversation plus impulse protection.



U.S. Navy photo by Photographer's Mate Airman Kristopher Wilson

Sailors wear hearing protection for live-fire small arms qualification aboard USS Harry S. Truman.

### SAFETY DATES

Children's Health Month  
[www.childrenshealth.gov](http://www.childrenshealth.gov)

2-6 Drive Safely to Work Week  
[www.trafficsafety.org](http://www.trafficsafety.org)

8-14 National Fire Prevention Week  
[www.nfpa.org](http://www.nfpa.org)  
[www.firepreventionweek.org](http://www.firepreventionweek.org)

29 Check CO & Smoke Detector Batteries